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NEWS RELEASE

Nov. 12, 1998

Contact: Robin Bonfield, 243-4153.

UM WOMEN'S CENTER CELEBRATES BODY AWARENESS MONTH

MISSOULA--

The Women's Center at The University of Montana-Missoula will celebrate Body Awareness Month with activities ranging from the serious to the silly.

Body Awareness Month, now in its third year, aims to raise awareness about women's health, body image and nutrition.

The month's activities kick off Friday, Nov. 13, with free massages in the University Center, courtesy of Starfire Massage School.

On Monday, Nov. 16, women are invited to attend a breast awareness workshop to learn about breast health and self-exams. The free workshop begins at 8 p.m. at the Wild Ground Learning Center, 702 Brooks St.

Dust off those dancing shoes for a talent show and dance Friday, Nov. 20, on the second floor of the Union Hall. The evening begins at 7:30 p.m. with the talent show, followed by the music of Mixtress Annie B. and dancing from 9 p.m. to midnight. Tickets for the talent show and dance are \$5; a nonperishable food donation will earn a dollar off.

During Body Awareness Month, the Women's Center also will be selling raffle tickets at \$1 each for a Nov. 20 drawing. Prizes will include yoga and kick-boxing classes, massages, snowboard rentals and meals at Missoula restaurants.

For more information, call the Women's Center at 243-4153 or stop by the office in room 210 of the University Center.

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PS
Local
BodyAM